



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Köng, Alexander**

Club: LSV Lok Arnstadt  
Number: 198

Course: 3.50 km  
Jugend- und Jedermannlauf

Category:  
männliche Jugend U14 (12-13)

Total time: 16:37

Speed: 10.83 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 15 (of 51)

Rank in course/Men: 10 (of 26)

Best time in course: 14:23

Rank in category: 4(of 9)

Best time in the category: 14:50